



Pleasantries

Reading Senior Newsletter

Mailed to all seniors in February, June, and October
www.readingma.gov/elder

October 2009

Elder / Human Services

16 Lowell St.
781-942-6608
Fax 781-942-9071

Senior Center

49 Pleasant St.
781-942-6794
Fax 781-942-9034
Mon. - Fri. 8:30 - 4:00 p.m.

Administrator

Dawn Folopoulos
781-942-6658

Clerk

Ann Gentile
781-942-6608

Nurse Advocate

Dianne Luther, RN
781-608-5271

Senior Center Coordinator

Sharon Thomas
781-942-6796

Social Worker

Marie Ammer, LCSW
781-942-6659

Van Driver

Pat Boyd

Council on Aging

Stacey Bertocchi, Chmn.
Sally Hoyt, Vice Chmn.
Steve Oston, Sec'y
Marguerite Bosnian
Erica Deane
Margaret Havey
George Lonergan
Gina Nelson
Carol Oniskey
Carole Scrima



IT'S ZUMBA TIME!
DON'T MISS OUT -
OCT. 5TH IS FREE.

SEE PG. 3 FOR DETAILS.

MONDAYS



Reservations for Oct. programs start Sept. 25th

Call between 9 a.m. - 12:00 p.m. Monday - Friday

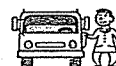
IMPORTANT SYMBOLS



→ Registration Required
781-942-6794



→ Free Transportation
781-942-6794



→ Medical Transportation
781-942-6608 (Free)

**Please call by noon at least
two days before the event.*

**Cancellations after 4 p.m. - leave
a message at 781-942-6608.*

SPECIAL EVENTS AND PRESENTATIONS

Memoir Writing



Group Mon., Oct. 5 - Nov. 16 - 10:00 a.m. - Game Rm. Are your children begging you to "write it down"? It's important for you to remember and document the story of your life. If you like to write - or want to try - then consider joining this writing group. The group will meet once a week for 2 hours. The cost is \$5 per week. Class is limited to 10 participants. Registration required by calling 781-942-6794.

Health Care Myths



Tues., Oct. 13 - 10:15 a.m. Lounge. Cheryl Gresek from Congressman John Tierney's office will give a talk on Health Insurance Reform and America's Affordable Health Choices Act (H.R.3200).

Fix-it and Lamp Repair Shop - Open for Business Tues., Oct. 13 - 11:00 a.m. - 4:00 p.m. If you have a small appliance, a lamp, or a small item of furniture that needs repair, please leave it at the Senior Center reception desk with a note to the volunteers advising what needs to be done, and your name and phone number. Your cost is for parts only, and the volunteers will call you when your item is ready.

FREE Home Energy Saving

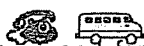


Seminar - Weatherizing Your Home For Ultimate Savings

Thurs., Oct. 15 - 10:15 am - Lounge. **FACT:** Most Massachusetts homes could save 20% or more on their fuel use. Do you want to reduce your home energy costs? Are you looking for cheap, do-it-yourself solutions? Are you interested in ways to finance home alterations? You'll learn about all this and more. All ages are welcome. Refreshments will be served.

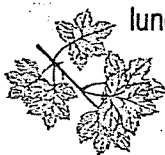
Birthday Lunch

Mon., Oct. 19 - Noon. Great Rm. Birthdays are good for you; the more you have, the longer you live. If you have a birthday in October, tell the receptionist when you reserve. Your meal is free, and we have a gift for you. For everyone else the suggested donation for lunch is \$1.50.



Autumn Special Lunch

Tues., Oct. 20 - Noon. Great Rm. Join us for a delicious lunch and the vocal and keyboard talents of Mark Tavenner. Remember to wear some beautiful fall colors. Suggested donation for lunch is \$1.50.



Ham and Bean Supper Time!

Tues., Oct. 20 - 5:00 p.m. Great Room. The Reading Police Department will host their famous annual Ham and Bean Supper at the Senior Center. **Sign-up procedure:** The overwhelming popularity of Senior Center special events has left many scrambling to get on the list before it fills up. In an effort to make participation in our most popular events fair, we are asking those that attended the Lions Club Dinner not to call in their reservation until Tuesday Oct. 1st. Everyone else may call starting September 25th. Thank you for your cooperation. Also, please note that this event is for Reading seniors only.



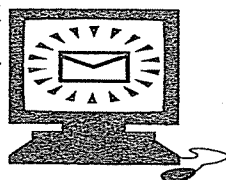
Blood Is Thicker Than Water

Thurs., Oct. 22 - 10:15 a.m. - Noon. Lounge. Do you take anticoagulants (blood thinners) or care for someone who does? If so, plan on attending this free educational program. Our guest speaker, Dhiren Patel, is an Assistant Professor at the Massachusetts College of Pharmacy. He will be assisted by pharmacy students, who will review anticoagulant medications, dietary considerations, and monitoring. Sponsored by Hallmark Health VNA and Hospice. Light refreshments will be provided.



Receive the Pleasantries via Email - Free

Would you like to receive the Pleasantries by email? You can sign up at <http://readingma.gov/subscriber>. If you have difficulty, please contact Dawn at 781-942-6658 or dawn@ci.reading.ma.us. She will be glad to help you.



The Mass Memories Road Show is coming to Reading!

Saturday, Oct. 24, 11:00 a.m. - 3:00 p.m. Library. Stop in, share your memories, and become part of the past! Just bring 2-3 photos that represent you, your family or your connection to Reading. They can be old, really old or new. Formal or snapshots, we want to see them all. We will copy your photos and return them to you immediately. Come prepared to tell a brief story about your photo. You can even be video taped telling your story and take a "keepsake photo" to document your participation in the event. Drop-ins are welcome but it is better if you call and reserve a time slot. Don't miss out! Reading-ites will be talking about this for a long time to come. Questions? Call the Library at 781-942-6703.

Ravishing Revivals - Annual Fashion Show



Mon., Oct. 26 - 11:00 a.m. - 1:00 p.m. Great Rm. Our friends at The Corner Closet, a consignment boutique, located at 6 Linden Street, Reading, will present their annual Fashion Show at the Senior Center. The models have been carefully selected from among Reading's finest, and our local celebrity judges will be on hand to offer their expert opinions. Lunch will be served after the fashion show. The Corner Closet consigns, by appointment only, women's in-style, in-season clothing and small furniture. At the fashion show you will learn about consigning, how to add to your wardrobe economically, and how to update your existing wardrobe. Hope you can join us!



Trip to the Library



Mon., Oct. 26 - 9:00 a.m. The van is available to drive people to and from the Reading Public Library. Meet with friends, check out a best-selling novel, borrow a DVD, or use the computers - it's all happening at the Library.

Lunch & Trivia



Wed., Oct. 28 - Noon - 1:00 p.m. Great Rm. If you haven't come to one of our lunch & trivia events, you are missing out on a lot of fun. Put on your thinking cap and join us. We will have a variety of questions from history, entertainment, superstitions, and more. You could win a gift certificate to a local business. Suggested donation for lunch is \$1.50.



Roberta - Our Hairdresser
Will be back in November.

BOO! Let's have a Party!

Thurs., Oct. 29 - 3:00 - 5:00 p.m. Great Rm. Please join us, because this year's Halloween bash is sure to be the best one ever! Delightfully spooky decorations! Frightful finger sandwiches! Scary snacks and drinks! And totally terrific door prizes! Start planning your costume now - scary, funny, or just down right outrageous. We will have some great awards for various costume categories! Our sponsors from Windsor of Wilmington have been very generous, and this will be one party you do not want to miss!


**Lunch is Served -
Meet Your Neighbors.**


Join us at noon every weekday (except holidays) for a terrific meal, good conversation and occasional live entertainment. Lunch is sponsored by Mystic Valley Elder Services. Although there is no cost for the meal, it is suggested that senior guests make a donation of \$1.50 (Under 60, \$2.50). To make a reservation, call 781-942-6794 at least 2 days in advance.

WORD PUZZLE

**UR CLOTHES
UR CLOTHES
UR CLOTHES
UR CLOTHES**

Answer: see pg. 8

WISH LIST

- 6 foot ladder
- Reminisce Magazine subscription (\$18)
- Donations towards the purchase of a High Definition big screen TV for the lounge are being collected.

Please mail your donation to Elder Services, 16 Lowell St. Reading. Unless otherwise requested, all donors will be acknowledged in the next Pleasantries.

HEALTH AND WELLNESS

Tai Chi - Mon., 2:00 p.m. - Great Rm. \$50/13 classes or \$5/class.

Motion to Music - Total Body Workout with aerobics, weight training, and stretching. Tues. & Thurs., 9:00 - 10:00 a.m. Great Rm. \$15/month; Drop-ins \$3/session.

B.E.S.T - Balance, Energy, Strength Training
Fri., 9:00 a.m. Lounge. \$2/session.

**Zumba**

Mon., 9:30 - 10:30 a.m. Great Rm. *Oct. 5 demo and free class.* Join the party! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that you will love. Zumba is fun...it's the type of exercise you'll want to do every day and feel good about doing it! So grab some friends and come take a Zumba class!!!! \$4 per class or \$15 per month payable at the start of class. Reserve a space today by calling 781-942-6794



Yoga - Wed., 9:00 a.m. Game Rm. \$5/class (No class on 10/14).

Podiatry Clinic

Thurs., Oct. 1 - Noon - 6:00 p.m. Arts & Crafts Rm. Call Dr. Connolly directly at 781-438-2525 to schedule an appt. The cost is \$30 for a Senior Center visit or \$50 for a home visit. The van is available Noon - 1:45 p.m. only.

**SHINE Counseling**

Fri., Oct. 9 - 9:00 a.m. - Noon. Come meet the new SHINE Counselor, Carla Brockway. Carla is available by appointment only, to assist you with questions about health insurance options. Insurance can be very confusing, and no question is too silly. SHINE counselors are available to serve all Medicare beneficiaries regardless of age. What you don't know can cost you. Ms. Brockway will be available the 2nd Friday of every month. Please call REHS at 781-942-6608 to make an appointment.



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Blood Pressure Screenings


& Immunizations 2nd Fri., Senior Center 10:15 a.m. - 11:15 a.m. (Sponsored by Walgreens) Game Rm.

Reading Health Division's Public Health Nurse is available for blood pressure checks and general wellness questions. This is a great opportunity to keep an eye on your blood pressure and talk to the nurse about methods to keep it in a healthy range.

2nd Thurs: Tannerville.....10:30 - 11:30 a.m.

2nd Thurs: Cedar Glen.....11:40 - 12:30 p.m.

3rd Thurs: Peter Sanborn.....10:30 - 11:30 a.m.

4th Thurs: Sr.Center......11:00 - 12:15 p.m.

Call Dina, PHN, for more information 781-942-6656.

FLU CLINIC SEASON IS UNDERWAY**Community Clinics**

RMHS Field House,

Sat., Oct. 3rd from 10:00 a.m. to 2:00 p.m.

Parker Middle School

Thurs., Oct. 8th from 5:00 p.m. to 7:00 p.m.

**** Bring your Medicare and insurance cards!****

Provided by the Reading Health Division. Seniors who are truly unable to leave their homes can call 781-942-9061.

ANNOUNCEMENTS**October is White Cane Awareness Month**

Did you know...The Massachusetts State Law states that "All motorists, when they see a pedestrian who uses a dog guide or white cane at a street crossing, must come to a complete stop."

Property Tax Exemptions – Apply Now

The Town of Reading is now accepting applications for Statutory Exemptions for Fiscal year 2010 so we can process the applications prior to January 1. If we receive your application early, then you can apply ½ of your exemption to your February 1 payment. Exemption forms are now available in the Assessors Office in *Town Hall* or at www.readingma.gov/assessor/ from now until the last date of acceptance in March of 2010. If you have any questions, please don't hesitate to call The Assessors office at 781-942-9027.

Property Tax Program - Do you need help paying your real estate taxes? Consider applying to the *Property Tax Work-Off program* and earn \$750.00 each fiscal year, which will be applied directly to your tax bill. A variety of opportunities exist. Call Dawn at 781-942-6658 for additional information.

Fuel Assistance - This program can help pay a portion of your winter heating bill. Benefits of fixed amounts are available based on income. To qualify, a single person can have up to a gross income of \$27,876 and a two-person household - up to a gross income of \$36,453. Payment is made to the primary heat source vendor (oil, propane, coal, wood, gas, or electric). Please call Greater Lawrence Community Action Council (GLCAC), 1-978-681-4950, or call Marie Ammer, LCSW, at 781-942-6659 to schedule an appointment to apply.

Nurse Advocate Visits - Do you wish someone could explain, in plain, easy to understand terms, your medical problems and what your medications are for and give you time to ask questions until you have a good grasp on your situation? Do you find it confusing to understand all the health services, options for care, the costs and benefits of each, and how they can be useful to you? Dianne Luther, Reading's Nurse Advocate is available to meet with you on an individual basis. Call 781-608-5271 for a free appointment.

Comcast Cable - More changes coming October 20. People who meet both of these criteria should call Comcast at 1-800-COMCAST to obtain an additional box at no cost.

- Have 2 or more TV sets &
- Receive channels higher than 23.

Council on Aging Meeting

Mon., Oct. 19th – 6:30 p.m. Senior Center Arts & Crafts Rm.

LEND A HAND - VOLUNTEER

Scuttlebutt Coordinator - needed to coordinate monthly meetings by selecting a program (film, speaker, discussion topic, etc.) and facilitating discussions about programs or members' personal wartime experiences. 3 hours per month.

Shopping Escorts - needed to take a senior grocery shopping. 90 minutes each week.

Shopping Assistants - needed to grocery shop for a homebound senior. One hour each week.

Friendly Visitors - needed to visit Reading elders for one hour each week.

Medical Escorts - needed to drive Reading elders to medical appointments. Flexible schedules and mileage reimbursement is available.

To inquire, call Dawn at 781-942-6658.

SHOPPING**Walmart**

Tues. Oct. 13 & Mon. Oct. 26 - Noon.

**Downtown Errands for Everyone**

Includes: CVS, banking, Rite Aid, Post Office and area stores.



Tues., Oct. 6 & Mon. Oct. 19 - Noon.

Stop&Shop/Market Basket

Community Shopping (seniors in private home) Wed., 12:00 p.m. & Thurs., 11:30 a.m.



Cedar Glen - Wed., 8:40 a.m.

Tannerville - Fri., 9:00 a.m.

SENIOR GROUPS**Alzheimer's/Memory Loss Caregivers' Group**

Thurs., Oct. 8 & 22 - 1:30 p.m. Game Rm. Reading Elder/ Human Services is offering a series of support sessions for caregivers of people with memory loss. Participation is open to anyone currently living with a person who suffers from Alzheimer's disease and/or dementia. If you are interested in attending, please contact Marie Ammer, Reading's Social Worker, at 781-942-6659 prior to attending.

**Low Vision Group**

Wed., Oct. 14 - 10:00 a.m. Great Rm. Andrea Schein, from the Massachusetts Commission for the Blind, will be the speaker. Plan to stay for lunch. Call at least 2 days in advance to make a lunch reservation.

Not Too Stuffy Book Group

Thurs., Oct. 15 - 1:00 p.m. Game Rm. *Angela's Ashes*, by Frank McCourt has been selected for October. This Pulitzer prize-winning memoir details the author's childhood in NYC. and in Limerick, Ireland. If you haven't read it, now is the perfect time - in tribute to Mr. McCourt who recently passed away. Copies of the book are available at the Senior Center reception desk or at the Library.

**Breakfast Out Club**

Mon., Oct. 19 - 9:30 - 10:30 a.m. Let's meet at Christopher's on Main St. Be sure to reserve with the receptionist (even if you don't need transportation), so we can let them know how many are coming.

**Scuttlebutt**

Thurs., Oct. 29 - 9:30 - Noon. Lounge. Join us for a film "Cold War Remembered", the story of America's first operational jet bomber, the B-45, and the men who flew it. Discussion to follow. If you plan to stay for lunch, call before Oct. 27 to reserve a place: 781-942-6794.

CLASSES AND CRAFTS**Computer Classes**

Learn to use email, send pictures, or use the internet to look up your ancestors, medical conditions, vacation spots, news, anything. And it's all FREE too!

Tues. Sessions 9:00 - 10:00 a.m. with instructor Dick

Tues. Sessions 10:00 - 11:00 a.m. with instructor Dick

Tues. Sessions 2:30 - 3:30 p.m. with instructor Alex

Wed. Sessions 10:30 - 11:30 a.m. with instructor John

**Klickity Klack Group**

Every Wed., 9:30 - 11:00 a.m. Arts & Crafts Rm. Come join this drop-in group to knit and crochet. Make a hat, sweater or afghan to donate to those in need or for your own use. All levels of expertise are invited. Donations of needles, yarns and patterns are always welcome to use or share.

**Quilting**

Wed., Oct. 7 & 21 - 1:00 - 3:00 p.m. Arts & Crafts Rm. New folks are welcome. Come visit a class (no charge) to see if it may be something you'd like. Very interesting intermediate skill instruction provided by Jane Norberg. This session classes will meet, 10/7, 10/22, 11/4, 11/18. \$50/session. Class size is limited. Call Edwina 781-944-6398 for more information.

RECREATION**Games People Play**

Mon., 1:00 - 3:00 p.m. Cribbage.

Tues. & Thurs., 1:00 - 3:00 p.m. Bingo.

Wed., 10:00 - 11:15 a.m. Billiards (No transportation).

Billiard table is available M-F 9:00 a.m.- 4:00 p.m.

Fri., 1:00 - 3:00 p.m. Chess (No transportation).

Fri., 1:15 - 3:45 p.m. Party Bridge (No transportation) Cost is \$1.00 To Play. Maximum of 32 players for bridge.

**Practice Bridge**

Tues., 1:00 - 3:00 p.m. Game Rm. Come practice your bridge game in a nonthreatening atmosphere. Let's help one another hone our skills while having fun and laughs.

Movies, Movies, Movies

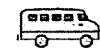
Tues., Oct. 6The Bridge to Terabithia

Tues., Oct. 13 Dead End

Mon., Oct. 19 Hannah and Her Sisters

Mon., Oct. 26 Hearts in Atlantis

Movies start at 12:45 p.m. Lounge. Movies are sponsored by Wingate of Reading. Movie descriptions are posted in the Senior Center lounge. Plan to stay after and play critic.



Congratulations to:

Bridge winners for August: Toki Emmert, Paul LaRosa, and Henry Porter.
Team Trivia winners for August: Joan Neary, Janice Fiore, Mary Meuse, and Rita Foley.

Bingo winners for August: Johanna Bisschop, Mildred Junkins, Bill Sullivan, Florence Chuisa, Mary Sullivan, Mary Petrillo, Helen Joudrie, Gen Frongillo, Eleanora Terenzi and Sheena Raused.

Watch for more opportunities to win gift certificates!!

CHIT CHAT

Bring your questions and concerns.

Congressman Tierney's Office

Thurs., Oct. 1 - 10:15 a.m. Great Rm.

Selectman Steve Goldy

Thurs., Oct. 8 - noon. Great Rm.

Board of Selectmen Office Hours

Tues., Oct. 13 - 6:30 - 7:00 p.m. Town Hall Conference Rm.

Meet the Town Manager

Thurs., Oct. 29 - 12:15 p.m. Great Rm.

Massachusetts Silver Legislator

For information relating to current legislative issues affecting Reading seniors, please call Sally Hoyt, Senate President, at 781-944-1191.

**WORD PUZZLE**

Answer: *Change Your Clothes*

Thank You To:

- State Rep. Brad Jones for our new freezer.
- Windsor of Wilmington for sponsoring our Halloween Bash.
- The Young Women's League for oodles and oodles of paper products for the Senior Center.
- Barbara Turenne for donating a tool bin and some tools.

2010 Pleasantries Subscriptions

If you would like to receive our monthly newsletter by mail in 2010, please send a check for \$5.00 to Elder Services, 16 Lowell St., Reading. Consider a gift subscription for a neighbor or friend. We will notify the receiver of your kindness.

DISCLAIMER: Programs and advertisements are a resource and do not constitute an endorsement by the Town of Reading. Be a wise consumer and ask questions.

READING ELDER SERVICES

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**"God, grant me the senility to forget the people I never liked anyway,
the good fortune to run into the ones I do,
and the eyesight to tell the difference." - Anonymous**